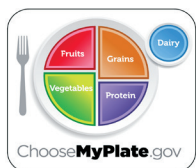


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MANGO BERRY ROTINI SALAD

Mangos, berries, spinach, and feta cheese make for a colorful twist on pasta salad, with the perfect balance of sweet and tangy.

Preparation time: 30 minutes

Serves: 4

INGREDIENTS:

Salad

- 1 cup (4 oz) whole-wheat rotini pasta, uncooked
- 1 ripe mango
- 1 cup raspberries
- 1 cup blueberries
- 2 cups fresh baby spinach
- ½ cup reduced-fat feta cheese

Vinaigrette

- 3 tbsp extra virgin olive oil
- 2 tbsp raspberry vinegar
- 1 tsp sugar
- 1 tsp poppy seeds
- ¼ tsp salt








DIRECTIONS:

1. In a small bowl, whisk vinaigrette ingredients; set aside.
2. Boil water and cook rotini according to package instructions. Drain cooked rotini and rinse in cool water.
3. While rotini is cooking, cut mango into chunks, removing peel and pit.
4. Place salad ingredients in a large bowl; drizzle with vinaigrette. Toss gently.

Serving Suggestions:

Serve with an 8 oz glass of non-fat milk.

Food Group Amounts	
	¼ cup
	1 cup
	¼ cup
	1 oz
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Nutrition Facts	
Serving Size (230g) Servings Per Container	
Amount Per Serving	
Calories 430	Calories from Fat 130
% Daily Value*	
Total Fat 15g	23%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 400mg	17%
Total Carbohydrate 65g	22%
Dietary Fiber 14g	56%
Sugars 18g	
Protein 12g	
Vitamin A 30%	Vitamin C 70%
Calcium 15%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Recipe Submitted by Produce For Better Health Foundation



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Department of
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